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Claim 26 (amended). A method of preventing or treating symptoms of upper respiratory infections or upper respiratory tract tissue irritation or damage, by administering, by swallowing, a safe and effective amount of the aqueous, liquid composition of Claim 1.

Claim 28 (amended). A method of administering an active agent to the alimentary canal, by administering, by swallowing, a safe and effective amount of the aqueous, liquid composition of Claim 1.
